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THE BOOKS OF 2018

Check out the most popular books in the city. 13

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Giants shut out by Titans, eliminated from
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The spotted lanternfly has
the potential to wreak
serious havoc on NYC trees,
and Sen. Chuck Schumer is
calling for funding to help
prevent destruction. 8



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THINGS TO KNOW



JOE PANTORNO, SPORTS EDITOR

Whatever dim playoff hopes the New York Giants had were extinguished on Sunday afternoon as Eli Manning and company were thumped by Derrick Henry and the Tennessee Titans. After averaging more than 31 points per game over the last five weeks, the Giants offense reverted to its miserable form made common during the first half of the season as their season is officially over. **For more, head inside to Page 18.**

WELCOME TO METRO.US

VINE CO-FOUNDER KROLL DEAD OF APPARENT OD

IHQ Trivia and Vine co-founder Colin Kroll was found dead in his Manhattan apartment from an apparent drug overdose at the age of 35. According to the New York Post, Kroll's body was discovered by police early Sunday morning. An unnamed girlfriend of Kroll's called police after she couldn't get in touch with him and became concerned. The Post also reported that police and Kroll's girlfriend paid a visit to Kroll's home on Spring Street in SoHo, where they found him unresponsive in the bedroom.

According to the New York Daily News and other outlets, drug paraphernalia were found inside the apartment. Kroll was pronounced dead at the scene. Kroll was named CEO of HQ Trivia this past September following co-founder Rus Yusupov's move to the position of chief creative officer. He was previously employed at Twitter following the company's purchase of Vine. He was fired in 2014 reportedly due to a "hostile management style."

SARAH LUOMA

BABY FOUND DEAD IN MANHATTAN HOTEL

2The NYPD released two unidentified women who were taken into custody following the death of a 4-month-old baby boy at the Hotel Pennsylvania in Manhattan over the weekend. The women, identified as the baby boy's stepsister and her fiancee from Delaware, were released without charges after police were called to the hotel located at 7th Avenue and West 33rd Street. Hotel staff called 911 around 1 a.m. after the two women were seen intoxicated and wandering around with the child. The women, ages 24 and 26, were reportedly trying to

book a room for the night when hotel staff noticed the baby was not moving. Police arrived at the Manhattan hotel to find the child unresponsive and immediately brought the baby to NYU Medical Center, where he was pronounced dead. According to ABC 7, the baby did not appear to have any obvious signs of trauma. An autopsy has been ordered in the case. Police have since released the name of the child as Dominic Greene from Wilmington, Delaware. Drugs were recovered at the scene, with the two women most likely to face charges at a later date. SARAH LUOMA



MORE THAN 40 HURT IN JAPAN BAR EXPLOSION

3More than 40 people were injured in an explosion on Sunday at a bar in Sapporo in northern Japan, Kyodo news agency reported. There was no immediate word on the cause of the blast, which the agency said had caused a number of buildings to collapse. Kyodo said one person was in critical condition. Video of the incident posted on social media showed flames and dark smoke billowing into the night sky and people scrambling to safety beside a street strewn with debris and shattered glass. Police and firefighters worked to get the site under control, fighting flames and smoke. "I heard a bang which sounded like thunder, and my condo was shaken," a man who lives nearby was quoted assaying by the Japan Times. Eyewitnesses reported smelling gas in the area following the explosion, which Kyodo said happened at 8:30 p.m.

NEW BREXIT VOTE WOULD 'BREAK FAITH,' SAYS MAY

4Prime Minister Theresa May will state her opposition to a second Brexit referendum on Monday, telling parliament such a vote would "break faith" with British people and do "irreparable damage" to politics. With May facing deadlock in parliament over her deal to leave the European Union and the bloc offering little in the way of concessions to win lawmakers over, more politicians are calling for a second referendum to break the impasse. But May and her ministers have ruled out a new ballot, saying it

CHINA GRANTS CONSULAR ACCESS TO DETAINEE

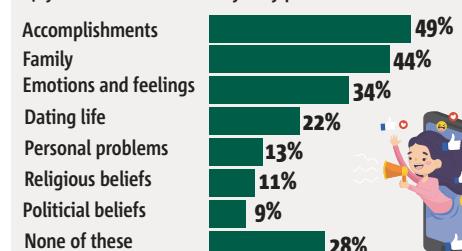
5Canadian diplomats received consular access on Sunday to the second of two men detained by China over the past week, Canada's foreign ministry said in a statement that gave few details. John McCallum, Canada's ambassador to Beijing, met Michael Spavor, the statement said. Spavor and Michael Kovrig were both picked up after Canada arrested a senior Chinese executive on a U.S. extradition request. Canadian Prime Minister Justin Trudeau — who said on Friday the detentions were unacceptable — told CTV his government

was taking the situation very seriously. "We have engaged with the Chinese officials to determine what exactly conditions are they being detained under? Why are they being detained?" he said in an interview aired on Sunday. McCallum met Kovrig for the first time on Friday. U.S. Secretary of State Mike Pompeo said on Friday that China should free the two men. Spavor, a businessman, and Kovrig, a former diplomat, were detained after Canadian police arrested Huawei Technologies Co. Ltd.'s chief financial officer, Meng Wanzhou, on Dec. 1.

STATS

BRAGGING AND BOASTING ON SOCIAL MEDIA

It's no secret that teenagers spend a lot of time on social media, but what they're actually doing there can be a bit of a mystery to grown-ups. A recent report looked into what teenagers are posting about on social media (by % of U.S. teens who say they post about the following).



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NEWS

Bronx Borough President Ruben Diaz Jr. released a report calling for protections for NYC tenants who pay preferential rent for their rent-stabilized apartments.

 KRISTIN TOUSSAINT
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Paying a preferential rent for your New York City apartment might be nice now, but it could put you at risk of a massive rent hike with no tenant protections, according to a new report from Bronx Borough President Ruben Diaz Jr.

Diaz's report details what he calls a "preferential rent crisis" in New York City, identifying four neighborhoods

Preferential rent crisis could mean large rent hikes for many NYC tenants: Report

in particular that are more vulnerable to high rent hikes: Jamaica, Bay Ridge, Fordham and Washington Heights.

When a landlord grants preferential rent, it means the tenant is paying below the legal registered rent for a rent-stabilized New York City apartment, as registered by New York State Homes and Community Renewal and regulated by the New York City Rent Guidelines Board.

If landlords raise these preferential rents to the actual legal rent limit "en masse," according to Diaz, it could put hundreds of thousands of New Yorkers at risk of eviction and displacement.

From 2008 to 2015, the median gap between preferential and legal rent has increased 55 percent citywide, from \$286 to \$444, according to data analysis conduct-



Mott Haven, Bronx. EMILIO GUERRA / FLICKR CREATIVE COMMONS

"Under current law, a landlord can eliminate a preferential rent with the stroke of a pen. There are currently no protections to keep the lower rent on which the preferential rent tenants have come to rely at lease renewal."

Report

ed for ProPublica by the city's Independent Budget Office. In Manhattan, the median difference is

more than \$800.

In 2017, Diaz's office worked on a case of a disabled Social Security

recipient living under his sister's guardianship. He was forced to move, per the report, when his preferential rent was raised from \$503 to the legal maximum rent of \$1,650. Residents don't always understand this rent hike can happen.

"Under current law, a landlord can eliminate a preferential rent with the stroke of a pen. There are currently no protections to keep the lower rent on which the preferential rent tenants have come to rely at lease renewal," the report reads.

Diaz called the 2017 case "a clear-cut example of a predatory landlord displacing a preferential rent tenant in order to increase the rent and create a vacancy to help his bottom line."

The report looks closely at the four specific neighborhoods with high levels of pref-

erential rents, but "every corner of the city of New York is touched by this crisis," Diaz said at a news conference.

Diaz is calling for state legislation that ends the "preferential rent loophole" to be passed in the upcoming year. He also wants a new tax credit for landlords that would offset the potential revenue loss from the difference between preferential and legal rents, along with harsh punishments for landlords who harass their tenants in order to create vacancies and then raise rents.

The new landlord tax credit would cost about \$93.5 million a year, according to the report, but Diaz says it would also "save billions in potential costs created by displacement, such as building new affordable units or housing families in shelters."

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Families of NYPD victims criticize mayor press sec's comments on 'fringe' activists

To the families of the victims, the comments were a racist erasure of the NYPD reforms needed for communities of color.



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The families of Eric Garner and Delrawn Small — two New Yorkers killed by NYPD officers — are

calling on Mayor Bill de Blasio's press secretary Eric Phillips to apologize after he called those pushing for police reforms "fringe" activists.

"Those on the fringes either think the mayor hates cops or that the

mayor protects cops at all costs," Phillips said in an emailed statement to Politico. "Neither of these views is unbiased observation. They are painfully predictable activist positions trying to bend the mayor's approach to their

fringe views. The mayor will continue to focus on what matters, make decisions based on facts, and institute accountability reforms that make sense."

The Politico article explored how those on the left feel dismayed at how the mayor has been reluctant to criticize the NYPD. Most recently, de Blasio faced criticism for his response to the video of Jazmine Headley, a Brooklyn mother whose forceful arrest was caught on video and included police officers yanking her 1-year-old out of her arms.

Phillips made additional comments on Twitter, sharing the Politico article and writing that "there's no world where advocates will stop advocating. An advocate will never say, I'm actually pretty satisfied."

To Gwen Carr, the mother of Eric Garner, and Victoria Davis, the sister of Delrawn Small, the comments were a racist erasure of police violence.

"We both lost loved ones to police murder and misconduct while Mayor de Blasio has been in office and have yet to see any justice or accountability. We must deal with the pain of that loss every day," they said in a joint statement. "It's frankly vile and racist for anyone to call police reform advocates like us 'fringe activists.' Eric Phillips and the entire de Blasio administration owe us, our families, and all police accountability advocates an immediate apology today."

They are not "fringe" activists, they continued, but are at the center of a push for more police accountability to communi-

ties of color, and for NYPD officers who do commit misconduct acts to "face real disciplinary consequences."

"We suspect Eric Phillips, a white man, has spent zero time with any grieving black women and grieving families of color like ours, and has never met with a police accountability advocate or activist," they said. "We encourage him to do some deep reflection about why his rhetoric is racist and wrong, and to choose his words much more carefully the next time he speaks about critics of the NYPD."

On WNYC on Friday, de Blasio touched on the critiques he's getting from some who say he's not as progressive as he should be.

"Do I think the political landscape is becoming more progressive? Yes, and I think it's a fantastic thing," he said. "Do I think that advocates and activists are never going to be satisfied by definition? Yes, and I understand that, and in many ways I honor that."

But de Blasio said he has been making progress in terms of the NYPD, and it's been ignored.

"We retrained the entire police force in de-escalation. We're putting body cameras on all officers. I hope it [will] be done by early next year. ... Ten thousand officers have been trained on how to deal with folks with mental health challenges. Eventually the entire force is going to be trained on that," he said. "Nothing like this has ever happened in the history of New York City. And this is how you make change."



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Schumer calls for funding to fight SE Asian tree bugs

The spotted lanternfly has been infesting Northeast Christmas trees.

 TERRY MOSELEY
letters@metro.us

The spotted lanternfly, indigenous to China and Southeast Asia, is infesting Christmas trees in the Northeast faster than you can say "Happy Holidays," and New York Sen. Chuck Schumer is in no mood for the seasonal interloper.

Holding a press conference in his Midtown office on Sunday afternoon, Schumer warned that Pennsylvania and New Jersey have already been impacted and the invasive insect has its sights set on New York.

While most New Yorkers get their fresh trees from street vendors from up and down the Eastern Corridor, Schumer said the trees could be hiding unwanted presents in



The spotted lanternfly.

GETTY IMAGES

the form of the spotted lanternflies.

"This little critter looks nice, but he's no lovebug," said Schumer according to CBS 880.

According to New York State Department of Environmental Conservation, these bugs can jump and fly short distances and often hitch rides to new areas when

they lay their eggs on vehicles or firewood, and inadvertently are transported to new areas. According to Schumer, the bugs have the potential to cause major damage to New York City's 600,000 trees.

"They hadn't been spotted in New York until 2014, but now in many states — par-

ticularly Pennsylvania, which sends us a lot of our Christmas trees — they are an infestation.

Schumer said the bug has already been spotted in Suffolk County, and Albany is requesting the U.S. Department of Agriculture to provide New York \$17.5 million in federal funding, resources and expertise to NYC as

soon as possible, as reported by the New York Daily News.

"If we do nothing about them, trees in Central Park, on the streets of New York City, and in our beautiful leafy suburbs could very well be at risk."

The concern is not only about the bugs in trees imported from

other states, but the eggs that could hatch, further complicating efforts to eradicate the insect.

"Any chance for some of these unwelcome bugs to hitch a free ride to Manhattan is a chance we cannot take."

New York Sen.
Chuck Schumer

"Any chance for some of these unwelcome bugs to hitch a free ride to Manhattan is a chance we cannot take," Schumer said at the press conference.

If you think you've found a spotted lanternfly in New York, the state recommends the following: Note the location (address, intersecting roads, landmarks), take pictures of the insect and e-mail spottedlanternfly@dec.ny.gov.

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Study Finds Updated Treatment Helped Avoid Knee Replacement Surgery For 75% Of Worst Cases At Least 7.3 Years . . .

NYC - What would it be worth to you if... in just 60 minutes... you could finally discover a way to get relief for your knee arthritis pain?

And...

How would it feel if you could wake up tomorrow morning and some... or even all your pain was gone?

And...

Wouldn't it be wonderful to start a brand new life and leave all your pain and suffering behind?

A life where...

...you jump out of bed in the morning, well rested and ready to take on the new day, without pain...

...you don't have to take slow, limping laps around your bedroom just to be able to walk every morning...

...you can go for walks, go up and down stairs and maybe even play sports like tennis and golf again...

...you can finally do all the things and enjoy life (just like everyone else) without constant, nagging pain...

Well... that's exactly what can possibly happen to you if you spend just 60 minutes with us...

...Because that's all it will take for one of our expert doctors to show you what we believe to be the safest, and most effective knee arthritis pain treatment there is...

I know you may find this hard to believe. Just about every one does when we tell them about this... at first.

But it doesn't take long for them to turn from skeptic to raving fan as soon as their pain improves so fast.

Do You Have An Open Mind?

So, I'm not asking you to believe me just yet. All I ask is you approach this and read the rest of this information with an open mind. If you give us a chance, we promise, you won't be disappointed...

Because There Is Proof Real medical proof.

Here it is. A leading Orthopedic Surgeon and knee pain expert was getting excellent results with this non-surgical treatment on his own patients. In fact, this study involved almost 2000 patients followed over 10 years.

And more specifically, he was getting amazing results the way HE was doing this treatment using high tech imaging for precise technique.. just like we do it...

And he wanted to prove... beyond a shadow of a doubt... the results he got... were not only REAL... they could most likely work for others just like you.

So he conducted some research, an 11 year project, and is was published in the "Journal of Knee Surgery".... a Real and REPUTABLE medical journal (A copy of this research is available on our website or by mail)

What were his results and what do they mean for your pain?

In this study he found that 75% of the severe knee arthritis pain patients he treated... and were facing knee replacement surgery... did not need to have knee replacement surgery... and were still OK 7.3 years later!

This is incredible news for you - and here's is why...

The patients in this study were Stage 4 knee arthritis. That's the most advanced and worst stage. These are the cases that are usually sent for knee replacement surgery.

These patients had also gone through the common medical treatments like pain and anti-inflammatory pills, physical therapy etc. and all that had failed.

So... these were the WORST cases of which every thing else had failed ... YET, after this treatment, 75% still did not need knee replacement even more than 7 years later.

And it gets better. The study only collected data up to that time. It is pretty safe to say that many may never need surgery.

Bottom line: This study clearly showed this treatment is safe and extremely effective even for even the worst cases.

So, even if you aren't one of the worst cases... imagine what it can do for you.

What IS This Treatment And How Can You Find Out If It Can Help You?

As studied as this treatment is... you may have an "Oh No!" reaction. Why? Because there is a very good chance you have heard of it. You may have even given it a try... and NOT gotten good results.

That's because this treatment is actually pretty common now a days. But... and this is a very big BUT... there is a very specific way to apply this treatment (as done in the study) that makes it so successful. And many are NOT doing it this way.

So... please hear us out. This really might be the answer you are looking for.

Ok... here is the treatment and the full scoop on why it works so well... when done THIS WAY.

The treatment is called

"viscosupplementation." It is frequently called, "gel treatment." Or "joint oil".

In this treatment, a gel is painlessly injected directly into you arthritic joint . This lubricates the joint, reduces friction... and allows more movement without all the inflammation and "grinding" caused by arthritis. This is like putting oil on a rusty hinge. Once the oil is applied, the hinge can move much better.

But here is something you must know: In that research project, all of the procedures were done with highly advanced imaging to guide the injections and make sure the gel got into the joint space area ultra-precisely.

This is EXTREMELY important... because... research also shows that injections done WITHOUT this imaging to guide them... can miss the joint space about one third of the time.

That means, in one third of the injections, the gel wasn't in the joint space and couldn't possibly work!!!

We feel this is why so many people have tried this treatment and DIDN'T get good results like in the patients in this research.

So, if you already had this treatment and it didn't work... was it done with this advanced medical imaging?

If not... there is still hope.

In fact, there is a very good chance you can still get relief.

Here is why: NYC Pain MD is a medical clinic located at 65 Broadway Suite 1004 New York, NY 10006.

We have physicians who focus in this treatment... and we use the advanced imaging to make sure the treatments

are extremely precise and get the best results possible.

In fact, we have a doctor trained at the University of Pennsylvania School of Medicine, Cornell University and even Harvard Medical School.

We have the best... but we also make treatments VERY affordable

Just because we offer the best possible treatments and doctors... doesn't mean we are so expensive only rich people can get our wonderful treatments.

While treatments may be covered by Medicare and some insurances... we also offer pricing plans for as little as \$13.57 per week so patients can finally relieve their pain and try to avoid surgery.

We don't want lack of insurance or money to be the reason you continue suffering.

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If you have knee arthritis pain... and are even



Study shows this treatment was successful in 75% of knee arthritis pain sufferers... saving them from surgery for at least 7.3 years. Will it work for you? Find out for FREE

just a little interested in finding out what this treatment can do for you... we are inviting you to come in for a FREE screening appointment.

During this screening, you will get to talk to the doctor... ask questions... and find out if you qualify.

We will go over everything with you... and you will breathe a big sigh of relieve finally having real answers and a specific plan to to possibly relieve your pain.

We will leave no stone unturned... and we will help you any way we can.

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Most of our patients have told us we were their last resort. Last stop before packing it in and completely giving up and submitting to surgery. They soon found out that our treatments made it really easy to get relief... and, best of all...

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That's right. We want to see EVERYTHING first hand and to prove to you... without a shadow of a doubt... we have the help for your knee pain that you are desperately wanting. And we want to do it without you spending a penny or risking anything to find out.

That's why we are offering you this free screening.

So my big question for you is – is the opportunity to wake up tomorrow morning... and every other morning for the rest of your life... with less pain... worth the 60 minutes it will take to be evaluated?

What else could you possibly do with that same 60 minutes that could have such a profound impact on the rest of you and your family's lives?

You know, it's really disappointing to me that so many people just go on living with pain when you don't have to. So many of patients tell us how they used to be in pain... just about every day.

They were is so much pain... they were grumpy and miserable all the time. They hated work. They're relationships were strained. Life was just one big struggle Now that they've discovered what we will reveal to you at your free screening... all that's changed...

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and fun. Life is so much easier and better... in so many ways... without the pain. Finally, things start falling into place the way you always thought they would.

One of the best things or physicians and staff hear is "Hey doc since starting this program I've lost 17 pounds because now that I can finally move around pain-free the weight just keeps coming off!"

Which one of those amazing things I just mentioned would you like to happen to you... right now.

Maybe it's none of the things I've mentioned. But, you do have hopes and dreams. We all do. And pain robs you of the opportunity to live out those hopes and dreams. Robs you of the life you really and desperately want... and deserve.

Whatever YOUR personal hopes and dreams are...They are all possible if you take action... right now.

All you have to do is give this a chance and schedule for the screening . But then again...

What's also possible is that your pain starts getting worse. And that happens to so many people from just doing nothing.

Taking action may seem like a little work... or... it may even be a little scary for you – but not taking actions is almost always worse. The eight most dangerous words to your future, your health, and your hopes and dreams just may be...

It Will Just Get Better All By Itself!

Fact is... it may only get worse.

Here Is How To Get Your Free Screening...

Just call us at 877 380 8537 and tell the scheduling coordinator you want your free screening. If you are one of the first 50, it is 100% free. No obligation or strings attached.

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Most are from word of mouth. But we wanted to open up this opportunity to as many arthritis pain sufferers as possible.

But because we get so many calls... we can only take 50 from what you are reading this month.

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Hondurans who fled political violence fear for lives if sent home

Political violence and poverty in Honduras have created a humanitarian crisis.

The Pineda family trudged northward for more than a month with a caravan of Central American migrants who are now stuck at the U.S. border. But they were on the run in Honduras much longer than that due to fears of political persecution.

According to the family's account, masked men in military uniforms came in November 2017 to their door in the town of Peña Blanca, brandishing handguns and giving them two options: leave or be killed. They chose to leave, taking refuge with friends

and family for nearly a year, they said, before joining thousands of others in a 2,800-mile journey to the United States in October.

The confrontation occurred on Nov. 26, 2017, the night of Honduras' presidential election. Active in the leftist opposition Libre Party, the Pinedas believe their tormentors were loyal to conservative President Juan Orlando Hernandez.

His security forces killed at least 16 people in major street protests that followed his disputed re-election and nobody has been criminally charged, according to a U.N. report.

"They told me that for getting people involved in political parties they were going to fill me with lead," said

Secundina Pineda, 25, one of four sisters living with their 65-year-old father and a toddler inside a tent at a migrant camp in Tijuana, Mexico.

Their story points to the largely overlooked political violence in Honduras that, along with grinding poverty, has helped create a humanitarian crisis at the U.S. doorstep.

Reuters could not verify the Pinedas' story, which was largely narrated by Secundina. She is the most educated of her family, having studied business administration. A Honduran armed forces spokesman vehemently denied the account or any other political persecution.

But human rights observers in Honduras and immigration lawyers

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representing migrants from the caravan said they have heard similar stories of security forces entering homes and intimidating opposition political activists.

Military police have conducted arbitrary searches and seizures and broken up opposition demonstrations, the rights observers said, a contention denied by the military.

"They are 100 percent sure that if they return back home, that they will be killed."

Maritza Agundez,
U.S. immigration
lawyer

In a country with one of the highest murder rates in the world, death squads have conducted 38 massacres of five or more people in 2018, said Berta Oliva, director of the human rights group Committee of the Relatives of the Disappeared



The group of migrants, many of them fleeing violence in their home countries.

GETTY IMAGES

in Honduras (COFADEH). She contended that political cases are written off as common crime.

"The Honduran armed forces absolutely do not persecute anybody," said Captain Jose Domingo Mesa, a military spokesman.

"A lot of people who are trying to get asylum [in the United States] are looking for political justification, a lot of times blaming the armed forces," Mesa said. "We

invite this family that says it has been persecuted to return to the country."

The president's office did not answer a Reuters request for comment.

U.S. immigration lawyer Maritza Agundez estimated 20 to 25 percent of her coalition's clients are Hondurans with credible political asylum cases. She is one of 16 staff attorneys for Los Angeles-based Coalition for Humane Immi-

grant Rights (CHIRLA) who are handling dozens of cases from the migrant caravan. The Hondurans who report harassment from official security forces vow never to return home, she said.

"They are 100 percent sure that if they return back home, that they will be killed," Agundez said.

Thousands of Central American asylum seekers have been cor-

ralled into overcrowded camps for the past month in the northern Mexican city of Tijuana after walking highways and hitching rides since October. They face long wait times to have asylum claims heard, and some frustrated migrants are considering trying to cross the U.S. border illegally, staying in Mexico or agreeing to be sent home voluntarily.

The Trump admin-

istration has made it harder for migrants to get asylum, eliminating protection for people fleeing gangs or domestic violence and attempting to deny asylum to people who cross the border illegally.

Even before that, less than 14 percent of Hondurans were winning their asylum cases in fiscal year 2018.

The United States is also deporting about 22,000 Hondurans per year back into one of the poorest counties in the Americas.

Soledad Pazo, representative of the United Nations High Commissioner for Human Rights in Honduras, said her mission is monitoring all manner of accusations including kidnapping and disappearances, but Honduran judicial institutions are largely incapable of a proper investigation, Pazo said.

"There is a high level of impunity here," Pazo said. "Many say, 'I don't have confidence in the police when those who I am reporting come from the state.'" REUTERS



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Pat King
Grumble Editor

READER WRITE-INS:

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a neighbor who harasses my whole block. He keeps constant surveillance on my block and yells through a bullhorn. He harasses EVERYONE, even the police. He calls the cops on all the neighbors, and most of the time the police re-

spond to his false alarm. We have grumbled to everyone, but no one wants to help us. There should be a law against constant harassment by your neighbor.
—Corinthia Johnson, Metro US reader

METROCARDS: CONTINUED
Where does anyone get off telling me I can "LOSE JUST FOUR CENTS"? Are you not aware that over time, those "JUST FOUR CENTS" add up???? That's like going to a store for a 99-cent item and the store

wants to charge you a dollar. Over time, who is winning? Certainly not the consumer. Get real. If you can afford to "LOSE JUST FOUR CENTS," then why don't you just wait at the turnstile and give everyone "JUST FOUR CENTS" of

your own money.
—Sheryl Love-Johnson, Metro New York reader

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Here is Lola in her Christmas bow. She's an 11-year-old Coton de Tulear and she is sooo cute!

Submitted by Judith Lebzelter, Metro US reader



Please remember to send your Humbles to humble@metro.us. These submissions can be acts of gratitude, positivity or kindness that you have seen throughout the day.



INVITE THE WORLD TO YOUR EVENTS
List your event on metro.us/events

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Aries Enthusiasm is great, as long as you don't let your emotions mess things up. Whatever you say or do, have a strategy in place and a goal in mind.



Taurus Much can be accomplished if you go about it the right way. Lay out a plan, recruit people who have something to offer and put your best foot forward.



Gemini Keep things in perspective. It will be easy for you or someone you are dealing with to stretch the truth or offer a false assessment of a time-sensitive job.



Cancer Personal growth and change are highlighted. Put some energy behind your strategies for better health, happier relationships and creative ideas.



Leo Not everyone will be happy with the changes you make, but the ones who are will support and help you get things done. An emotional change will be a wake-up call.



Virgo Do what you can to help those less fortunate. Don't let someone's extravagance or indulgent behavior get in your way. Choose your path and do what's right and best for you.



Libra Learn from someone else's experience. Get together with friends or family. Consider making a change that will improve your life. Don't tolerate someone who is constantly putting you down.



Scorpio Reach out to people who share your beliefs or are heading in a similar direction as you and make arrangements to collaborate. Getting a different point of view will stimulate your imagination.



Sagittarius Fix up your space or spend time with loved ones. Being a homebody will bring out the best in you and help you prepare for upcoming festivities. Nurture others and pamper yourself.



Capricorn Getting along with some people will not be easy. Don't let emotions take charge or opinions lead to arguments. In the spirit of the season offer help, not hindrance.



Aquarius Take care of details at work and address issues you may have about your job or someone else's. Making innovative suggestions in a positive manner will encourage others to try harder.



Pisces Be careful not to upset someone in charge. An act of benevolence will help you overcome someone's critical point of view. A personal or physical change is encouraged. Avoid negative people. EUGENIA LAST

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New York's most popular books of 2018

"Manhattan Beach," a novel set in post-Depression Brooklyn, was the most checked-out book in the city this year.

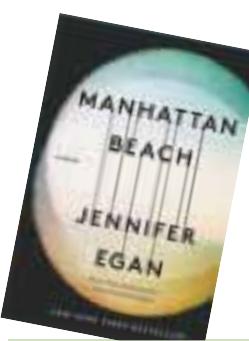


EVA KIS
eva.kis@metro.us

The New York Public Library has some bragging rights to the city's most popular book of 2018: "Manhattan Beach" took shape thanks to research author Jennifer Egan did right in the library's halls.

The sweeping historical-fiction novel about a 12-year-old girl named Anna growing up in Brooklyn just after the Great Depression, whose father becomes entangled in the criminal underworld, was the most checked-out print and e-book of 2018 in Manhattan, the Bronx and Staten Island.

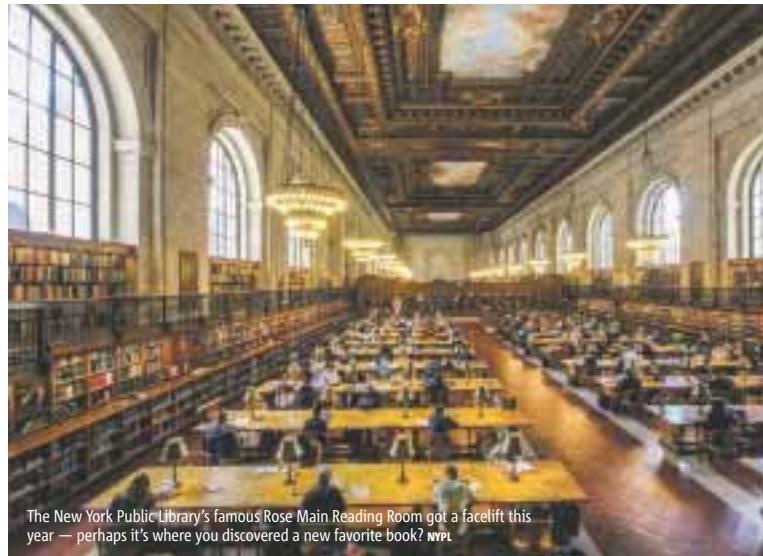
"Manhattan Beach" also topped the lists in Brooklyn and Queens, which have their own library systems. Earlier this year, the book



The Top 10

Here's the full list of the NYPL's most popular books of 2018:

1. "Manhattan Beach" by Jennifer Egan
2. "Origin: A Novel" by Dan Brown
3. "The Handmaid's Tale" by Margaret Atwood
4. "Sing, Unburied, Sing: A Novel" by Jesmyn Ward
5. "Fire and Fury: Inside the Trump White House" by Michael Wolff
6. "Little Fires Everywhere" by Celeste Ng
7. "A Gentleman in Moscow" by Amor Towles
8. "Hillbilly Elegy: A Memoir of a Family and Culture in Crisis" by J. D. Vance
9. "The Underground Railroad: A Novel" by Colson Whitehead
10. "Exit West: A Novel" by Mohsin Hamid



The New York Public Library's famous Rose Main Reading Room got a facelift this year — perhaps it's where you discovered a new favorite book? **NYPL**

was voted by New Yorkers as the city's first-ever official summer read as part of the "One Book, One New York" campaign.

In second place is "Da Vinci Code" author Dan Brown's fifth book, "Origin," featuring the lead character Robert Langdon. Next were several books that also made the list in 2017: Margaret Atwood's dystopian novel-turned-Hulu show "The Handmaid's Tale," J.D. Vance's provocative "Hillbilly Elegy" and Colson Whitehead's "The Underground Railroad."

Libraries are one of the few things millennials are not killing, and the NYPL only sweetened its deal of endless, free-to-borrow books, periodicals, magazines and

Top Books by Borough

Manhattan: "Manhattan Beach" by Jennifer Egan
Brooklyn: "Manhattan Beach"
Queens: "Manhattan Beach"
The Bronx: "Origin: A Novel" by Dan Brown
Staten Island: "Fifty Fifty" by Candice Fox and James Patterson

more this year with the Culture Pass program, offering free admission to over 30 of the city's best attractions. In response, the NYPL saw a 50 percent increase in sign-ups for library cards in the first five months of this fiscal year over last (get yours at nypl.org/knowledgeispower).

The library also released the year's top titles by genre:

- **Classics:** "1984" by George Orwell
- **Comics and Graphic Novels:** "Black Panther: A Nation Under Our Feet, Book One" by Ta-Nehisi Coates, Jack Kirby, Stan Lee, and Brian Stelfreeze
- **Fantasy:** "Year One" by Nora Roberts
- **Horror:** "It" by Stephen King
- **Romance:** "The Cast" by Danielle Steel
- **Science Fiction:** "The

Power" by Naomi Alderman
 • **Mystery and Detective:** "Count to Ten" by James Patterson and Ashwin Sanghi

While it's fun to see what struck a chord with people across the city, NYPL's Assistant Director of Reader Services Lynn Lobash wants to remind readers to go out and discover their own favorites.

"We have a saying in my line of work: the right book, for the right reader, at the right time," she says. "There's no such thing as an objectively 'good' book — a good book for you is one that resonates, draws you in, teaches you something, makes you feel understood, makes you feel less alone, or just makes you feel plain happy. I believe that book exists for you, and it's my job to help you find it."

The New York Public Library has 92 locations in Manhattan, the Bronx and Staten Island, with about 20 million checkouts a year. The library relies on a mix of public and private funding for its programs, which include exhibitions, classes and more "from toddlers to scholars," which you can support by visiting nypl.org/support.



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Why 'Bird Box' isn't Netflix's version of 'A Quiet Place'

Director Susanne Bier explains why "they are two very, very different movies."



GREGORY WAKEMAN
Gregory.Wakeman@metro.us

It was long before "Bird Box" when Oscar winner Sandra Bullock and acclaimed Danish director Susanne Bier started to search for a project to work on together.

But when they first read Eric Heisserer's adaptation of Josh Malerman's book around five years ago, they both had no interest in collaborating on it.

However, when they returned to the script last year, the social and political climate had altered so much that "Bird Box"—which revolves around Bullock's Malorie and two children

trekking through a forest and down a river blindfolded in order to avoid the supernatural catastrophe has caused its victims to see their worst fears and commit suicide—suddenly felt extremely relevant.

"There is a current tone that feels way more relevant to today rather than when the book came out," Bier tells Metro. "I immediately thought that this could be interesting."

Bier also was attracted to "Bird Box" because she recognized the opportunity to create a contemporary and seldom seen heroine with Bullock's Malorie.

"I saw something with her part. The chance to do something I hadn't done before. Both dealing with a post apocalyptic world. But also addressing a kind of contemporary hero-

ine. One that is very unconventional," says Bier. "Malorie in the beginning of the movie is a pregnant woman that is enclosed and doesn't want to let people into her life. But throughout the course of the film enough stuff and crazy things happen to her that she becomes more and more in charge of her motherhood."

Bier and Bullock talked repeatedly about what they wanted to explore and see with the character of Malorie, especially when it came to testing and pushing viewers with her uncompromising and tough treatment of the children.

"She is wary, she is harsh, she is brutal, and sometimes when you see her you might think she's being too stern. But she is doing it to the protect those kids and



Sarah Paulson and Susanne Bier on the set of "Bird Box." ALL PHOTOS NETFLIX



Sandra Bullock stars in Netflix's post-apocalyptic thriller.

ensure their survival," says Bier. "I found that really interesting, that the film would show that side of motherhood that is so rarely seen. The forcefulness of the mother to make sure their kids are going to survive. That determination and lack of compromise was really interesting."

The release of the "Bird Box" trailer back in October immediately

led it to be compared to John Krasinski's "A Quiet Place," which revolves around monsters using sound to hunt humans, thus sign language is used by its characters throughout the mostly silent movie.

"I think 'A Quiet Place' is a really, really great film," insists Bier when I bring up these comparisons. "But a part of me thinks the reason that they do get

compared is that they're both post-apocalyptic movies.

"They also both have two really strong female leads," she adds. "And there aren't that many films with female leads, so there tends to be an automatic thing with that. But really they are two very, very different movies."

"Bird Box" debuts Dec. 21 on Netflix.



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NerdWallet is a personal finance website.

When you're struggling financially, keeping up with your student loan payments might feel like you're stuck on a runaway train — and student loan forbearance, which allows you to pause these payments temporarily, might look like a soft landing. But watch out: Although forbearance is undeniably quick and easy to set up, its high costs can leave you hurting.

A NerdWallet survey, conducted online by The Harris Poll, found that two-thirds of Americans (66%) don't know that interest continues to accrue at the regular rate when federal student loans are in forbearance. That interest adds up fast: NerdWallet's analysis shows that if borrowers currently in forbearance kept their balance there for 12 months without making interest payments, they'd add an average of \$2,199 in interest charges to their debt, assuming the current 5.05% fixed interest rate for direct subsidized and unsubsidized loans for undergraduates and a balance of \$43,538. At the end of the forbearance period, those interest charges could drive up monthly payments, making a bad situation worse.

Forbearance might seem like an appealing option because it's simple to set up; putting loans into general forbearance can be

done with just a phone call. In some cases, schools even recommend it to borrowers who are falling behind on payments. But often, it's not your best option. Here's what you can do instead.

Consider deferment for subsidized loans. Forbearance has a lot in common with deferment: Both allow you to hit the brakes on student loan payments for a time. The main difference: Subsidized loans and Perkins loans don't accrue interest in deferment. (Unsubsidized loans do.)

For subsidized loans, or federal loans awarded based on financial need, "I would definitely recommend exhausting any deferment periods first," says Colleen Campbell, associate director of postsecondary education at the Center for American Progress, a public policy research organization. You'll need to meet eligibility requirements to get a deferment, though; that's not the case with forbearance, which you can often get for almost any reason.

Another benefit: If you qualify for deferment, you can keep that more flexible forbearance option in your back pocket, in case you're ever in a more pressing financial bind and need quick relief.

Low income? Try an income-driven repayment plan. For borrowers who

aren't making enough money to cover student loan payments, setting up an income-driven repayment plan could be a smart move. Consider the Revised Pay As You Earn plan, or REPAYE, which doesn't come with any income requirements. With this plan, which requires you to recertify your income and family size each year:

Your required payment will generally be 10% of your discretionary income. After you make payments for 20 or 25 years, your loan balance is forgiven. If your payments aren't large enough to cover your interest costs, all or part of the interest that accrues during that time will be paid for by the government. Eligible borrowers with no income, or very low income, won't have to make payments at all under REPAYE. But unlike with forbearance, they won't have to pay the full amount of interest that accrues while in this plan, and after 20 or 25 years of payments, their remaining balance will be forgiven (although they may have to pay income tax on the forgiven balance).

If you have private student loans, income-driven repayment plans aren't an option for you. However, you might be able to contact your lender and modify your payments. CLAIRE TSOSIE

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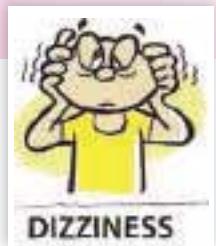
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The Powerful (and little known) Back Pain Treatment Used By Smart New Yorkers Who Don't Want Back Surgery or Opioid Drugs

NEW YORK CITY - A major back pain relief opportunity is at hand. But if you are interested, you must act quickly.

Here is why: Back pain ruins lives... and puzzles doctors.

You go through so many exams and tests... and treatments... and only end up suffering and frustrated.

And everyone is quick to say they have the "new breakthrough solution."

Am I right?

Well, the fact of the matter is... treating back pain is difficult. But advances in modern medical science and technology have created a treatment that has gotten great results with countless back pain sufferers who had tried everything else. Many had given up hope.

This treatment is called:

"Radiofrequency Neurotomy." RF for short. And here's how it works...

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your back or neck and one of their jobs is to sense PAIN.

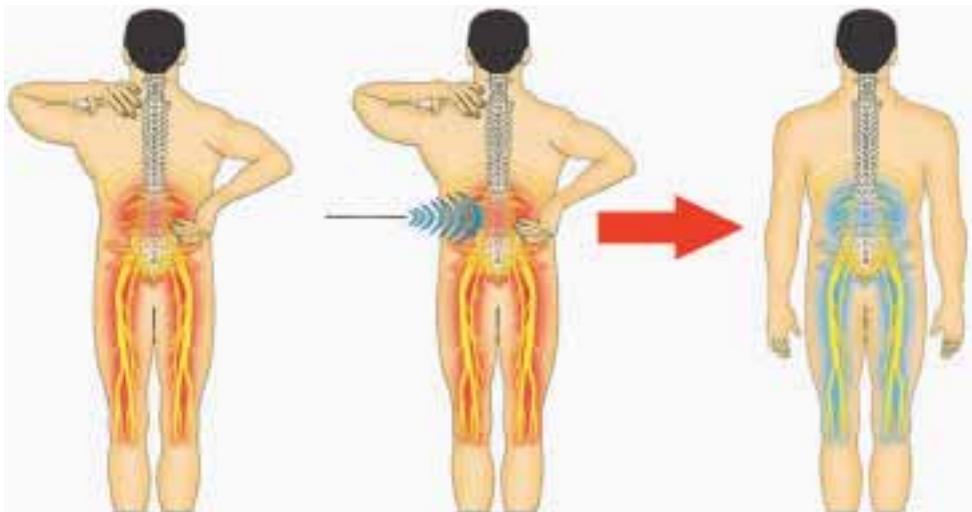
Radiofrequency waves delivered to these nerves under advanced precision medical imaging to target the damaged areas... done right in their own clinic without intimidating, expensive hospitals or surgical centers ... to "block" the painful nerve flow.

Two steps in the formula are performed. First, a test or diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency" will be performed for longer term relief.

NOT just the Treatment alone that's the key ingredient.

You see, the real secret is the formula. And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step number one.

And the best part about this screening is... It's FREE



FREE screening available for powerful back pain treatment

This screening will give you so much relief just knowing what is going on... and what your best options are.

That's right. *NYC Pain MD* offers this first step screening at no cost to patients. The only problem is... they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes it's hard to get through. If you don't get through to someone when you call... keep calling... or leave a message... it will be well worth it.

But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you will understand completely. Not all complex "doctor talk"...

This may be one... or a combination of the advanced medical treatments offered at *NYC Pain MD*.

Everything will be explained and all your questions will be answered. And even better:

You will be given all this At NO COST. *NYC Pain MD* doc's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with up to 100 inquiries a day from patient's looking for relief, it's often hard to even get a treatment spot.

You should also know this: While *NYC Pain MD* cannot help everyone...

so many have gotten the pain relief they were looking for.

One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

At the very least, you will finally have some direction and a plan. And... whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone

They do not want insurance issues... or not being rich or famous... to keep you away if you are suffering in pain.

How To Schedule Your Risk-Free No-Obligation Screening Evaluation

There is a whole lot more I could say about their treatments etc... but this space is limited and that's best left for you and the doctors to discuss in person.

So... if you are even remotely interested ... take the a first step and give them a call at **877-245-9252** and ask for your free screening.

One more thing... We often get over 100 calls in a single day. For that reason, if when you call you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is **877-245-9252**. More info at: painmdny.com/back-pain

SPORTS

Manning and Co. officially eliminated while Derrick Henry went off.

 JOE PANTORNO
joseph.pantorno@metro.us

The Tennessee Titans provided the league with a template of how to beat the New York Giants.

Just stop Saquon Barkley.

New York's star rookie running back was limited to just 31 rushing yards on 14 carries, resulting in the Giants

Henry rumbles, Giants 0 vanishes

offense grinding to a screeching halt as they were shut out for the second time since Week 16 of the 2017 season, 17-0.

The Giants are now officially eliminated from postseason contention with nothing more than a whimper.

Titans running back Derrick Henry went for 170 yards and two touchdowns on the day as his physical brand of running proved to be the difference-maker against a Giants defense that was the only reason why the hosts were still in the game for most of the afternoon.

With Barkley a non-factor, Eli Manning and the Giants offense was useless as the veteran

quarterback continued to prove that he is not the team's answer under center in the near future.

Minus No. 1 receiver Odell Beckham Jr., Manning could only muster 229 yards on the day while completing 21-of-44 passes.

The lack of offensive execution saw the Giants spend most of the game playing from behind as Henry provided the lone score of the opening half with a one-yard touchdown with 2:43 left in the first quarter.

It highlighted a first half that saw him gain 127 yards, just two yards fewer than the entire Giants offense. Yet New York only trailed by a single touchdown despite being shut out in the first half.

The Giants pieced together one of their best drives of the game during the opening sequence of the second half, getting to Tennessee's 18-yard line. But a hands-to-the-



Derrick Henry ran over the Giants defense for a pair of touchdowns on Sunday. GETTY IMAGES

face penalty was followed by a Manning interception to quell the drive and eliminate New York's best chance of scoring.

Manning's afternoon got worse inside six minutes to go in the third quarter, when he lost

the football on his own 17-yard line after he was sacked by Kamalei Correa.

Five plays later, the Titans doubled their lead when Henry picked up his second touchdown of the game.

Following a fourth-quarter field goal from Tennessee, the Giants would drive to within the Titans' four-yard line, but Manning and the offense struck out to turn the ball over on downs with 1:47 to go.





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A smartphone screen displays the SQUIRT.org website, showing various user profiles and the text "TOO HOT".

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Is Finding The Best Treatment For Your Knee Arthritis Pain Worth 30 Seconds To You?

What if... there was a way to finally get straight answers about the most cutting-edge medical treatments for knee arthritis available today...

Answers from REAL MEDICAL DOCTORS who are experts in this field...

Doctors that have already treated THOUSANDS of knee arthritis sufferers...

Doctors who will tell you exactly what your best options are and what can realistically be expected... without making huge (and false) claims... just to sell a product or service... and then deliver junk that does little or nothing for your pain? Well... now you can.

Here is how...

NYC Pain MD is a medical clinic with 2 locations in New York City that has medical doctors specially trained in some of the most advanced, cutting edge knee arthritis treatments available today.

And they have put together an information kit that details some of these advanced medical procedures that have already helped thousands.

Including... what you need to know about joint lubricating injections, platelet rich plasma (PRP), stem cell therapy... and more.

This free information kit contains a video and report that will also explain the two arthritis treatments paths you

should know about and what "Precision Arthritis Targeting Technology" is and why it has already helped so many arthritis sufferers.

How To Get Your Information Kit...

All you have to do is go to painmdny.com/knee and click the button that says "Click here to get a free knee arthritis treatment info kit."

Then put your name and email address in the space provided and you will be emailed a video and PDF report detailing what treatment options could be the best for your arthritis pain and how we might be able to help you.

We will also send you a way to get a free screening to see if you qualify for one of the advanced medical treatments. ***It is 100% free with no further obligation.***

If you are interested in the screening... awesome. If not, that's ok, too... at least you will have all the information and options.

And if you don't have email... you can click the red "knee pain" button and you will instantly watch a video detailing some of your best options. If you are looking for proof... I think you will find it on this website.

After getting this information and watching the video... you will breathe a big

sigh of relief knowing what your best options are and what treatments might finally relieve some or even all of your knee arthritis pain.

And let's be crystal clear about this... NYC Pain MD is a real medical clinic with real medical doctors.

You will be getting real quality information about real medical treatments.

This is NOT some fake "wonder cure." In fact... you will NEVER see any guarantee of results. This is because... in the world of science and real medicine... Guaranteeing results is impossible.

Every patient is different... and so are the results. Any doctor (or marketer!) telling you different is lying to you. I have seen some of the "miracle cure" ads that are everywhere. I bet you have too.

That being said... We will be completely upfront and honest with you. Refreshing... isn't it?

So... if you are looking for up to date... honest information about some of the best possible medical treatments for knee arthritis pain...

Go here painmdny.com/knee and request the information kit or just watch the videos on that page.

Or if you would like to reserve a free screening before they are all gone call 877-228-5490 right now.

With the Viagra Patent About to Expire, a New Sex Pill Takes the Spotlight

A patented pill costing less than \$1 a dose stands to help millions of men with failing sex lives; no prescription will be required

By Ray Wilson
Associated Health Press

AHP – A new sex pill is set to take the spotlight with the Viagra patent about to expire. But unlike the former, it won't require a prescription and is priced just under a \$1 a dose.

The new pill called *Vesele* is part of a new class of performance enhancers for men, which work instantaneously on the body and mind triggering arousal and firmer, harder erections.

Formulated with a special compound known as an "accelerator", *Vesele* can transport its active ingredients faster and more efficiently into the blood stream, where it begins to work its magic.

The patented ingredient blend initiates a process known as vasodilation, which causes arteries and vessels throughout the body to expand. This allows blood to flow directly to penis and genitals, resulting in harder erections which last longer. Cialis and Viagra are based around a similar concept.

But what makes *Vesele* so remarkable, and what these other sex pills can't do, is that also directs a small portion of this blood flow to the brain, which creates feelings of intense arousal. In laymen's terms, users become incredibly excited and turned on.

This is why the makers of *Vesele* say their pill has worked so effectively in clinical trials. It stimulates the two most important organs for great sex, the penis and the brain.

The Brain Erection Connection

Until now, medical researchers did not fully understand the brain-erection connection. It has now been made clear with *Vesele*. When both are supplied with a constant blood flow, men are harder and firmer for longer...and have unbelievable sex drives.

"Most of the research and treatment methods for men's sexual failures have focused on physiological factors and have neglected the emotional ones. For the leading sex drugs to work, like Cialis and Viagra, you need visual stimulation" explains Dr. Henry Esber, the creator of *Vesele*.

"And although they work for some men, the majority experience absolutely no fulfillment during sex."

According to research published by the National Institute of Health, 50% of men taking these drugs stop responding or can't tolerate their side effects...and on top of that they spend \$50 per pill and it doesn't even work half the time.

This is what makes *Vesele* so different and effective. It floods the blood stream with key ingredients which cause arteries all over the body to

expand. The patented accelerator speeds up this process even more.

The result is a rush of blood flow to the penis and brain, helping to create an impressive erection and a surging desire for sex. Often, this is all men need to get going. And when taken regularly, many men say they are energized and aroused all day."

Great Sex At Any Age

With the conclusion of their latest human clinical use survey trial, Dr. Esber and his team are now offering *Vesele* in the US. And regardless of the market, its sales are exploding.

Men across the country are eager to get their hands on the new pill and according to the research, they should be.

In the trial above, as compared to baseline, men taking *Vesele* saw a staggering 85% improvement in erection hardness over a four-month period. Their erections also lasted twice as long.

These same men also experienced an astounding 82% increase in the desire for sex (libido/sex drive) and an even greater improvement in overall satisfaction and ability to satisfy their partners.

Many men taking *Vesele* described feeling horny and aroused through the day. The anticipation before sex was amazing. They were also easily turned on. Their moods were more upbeat and positive, too.

Faster Absorption into the Blood Stream

Vesele is made up of three specialized ingredients: two clinical strength vasodilators and a patented absorption enhancer often called an accelerator. According to an enormous amount of clinical data, each is very safe.

Research shows that with age, many men lose their desire and interest in sex. They also struggle to produce an erection firm enough for penetration.

And although there are many theories as to why this happens (including a loss in testosterone) one thing is certain, inadequate blood flow is virtually always to blame. That's why sex drug manufacturers focus on blood flow, it makes your erection hard.

But what's more surprising, and what these manufacturers have failed to consider, is that lack of blood flow can also kill your sex drive. That's because blood supplies energy for the brain. This energy is required for creating brainwaves that cause excitability and arousal.

Studies show the *Vesele* stimulates the entire cardiovascular system, including the arteries that lead to both the brain and penis. The extreme concentration of the ingredients combined with the accelerator ensures that this process starts quickly.

The sexual benefits of *Vesele* are also multiplied



Expiring Patent Opens the Door to a New Sex Pill: *Vesele* is a new pill that cost just \$1 a dose does not require a prescription. It works on both body and mind to increase arousal and erection hardness.

as its ingredients build up in the system over time. This is why many men take it every single day.

Recent Studies Show Positive Effects on Women

In the same study referenced throughout, *Vesele* was also shown to have an amazing (and somewhat surprising) effect on women too. That's because the same arteries and vessels that carry blood and oxygen to the brain and genitals are the same in men and women.

"In our most recent study, women taking *Vesele* saw a stunning 52% improvement in arousal and sex drive. Perhaps more impressive, they also experienced a 57% improvement in lubrication.

You can imagine why some couples are taking *Vesele* together. Everything feels better. Everything works better. Everyone performs better. It's truly amazing."

A New Frontier of Non-Prescription Sex Pills

With daily use, *Vesele* is helping men (and women) restore failing sex lives and overcome sexual letdowns without side effect or expense.

Through a patented absorption enhancer, the *Vesele* formula hits the bloodstream quickly, resulting in phenomenal improvements in erection firmness and hardness. By boosting blood flow to the brain, users also experience sexual urges and arousal they often haven't felt in years.

Where to Find *Vesele*

This is the official release of *Vesele* in New York. As such, the company is offering a special discounted supply to anyone who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all New York residents. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-749-3423 and will only be open for the next 48 hours. Only a limited discounted supply of *Vesele* is currently available in your region.

MEDICAL RESEARCH

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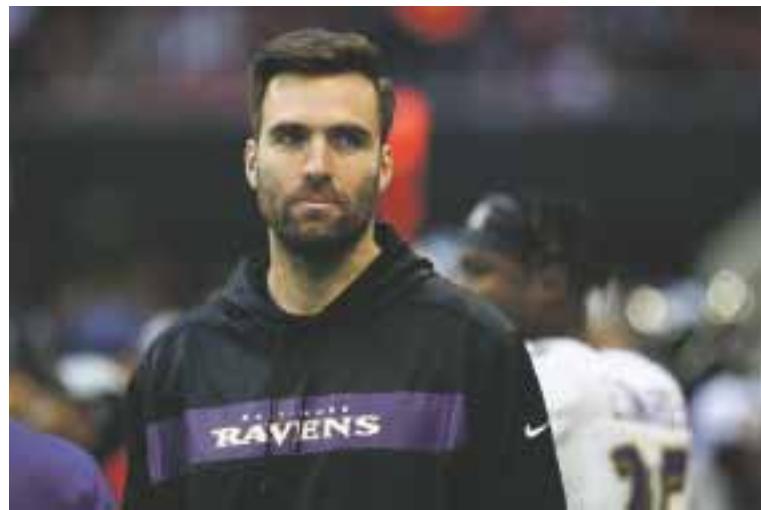
Who is able to participate?
Males and females ages 40-80
Healthy participants (no significant disease; not taking any significant medications)

Participation in the study involves:
Taking cognitive tests
Taking an fMRI (functional magnetic resonance imaging)
Undergoing general anesthesia

Study Purpose:
To find out how quickly higher cognitive functions (for example memory and working with numbers) return after general anesthesia with sevoflurane

Length of participation:
5 visits in a 30 day period and phone call follow-ups for up to 1 year
Compensation and Transportation will be provided.

Contact Information:
Call the Anesthesia Research Team at 212-241-0840 with inquiries
Study Principal Investigator: Joshua Mincer, MD, PhD
Location: Hess Center for Science and Medicine, 1470 Madison Avenue, New York, NY 10029
GCO #13-0359 MSSM;
IRB approved through 4/28/2018



Joe Flacco is set to leave the Ravens in the coming months. Should the Giants pounce? GETTY IMAGES

Should Giants consider Joe Flacco next year over Eli?

Reports indicate Manning will be under center in 2019, but are there better options out there?



JOE PANTORNO
joseph.pantorno@metro.us

to find a suitable answer to bolster the offensive line, it seemed that the Giants' best bet was to shift things to a more mobile quarterback that could at least extend the play.

But in-season tinkering that was headlined with the acquisition of Jamon Brown during the team's Week 9 bye week, along with a shift in prioritizing rookie running back Saquon Barkley and the rushing attack, saw the Giants offense reawaken.

New York averaged 31.4 points per game after posting just 18.8 during the first eight weeks of the year.

All the while, Manning had actually been solid when looking at his numbers.

Heading into Week 15, he was on pace for a career best in completion percentage with a 67.7 percent mark while amassing 3,460 yards with 18 touchdowns and eight interceptions.

It's a complete 180-degree turn in philosophy from the Giants, who were indicating that Manning's 15-year run as the organization's starting quarterback was on the verge of ending after the team started 1-7.

While the Giants offense was one of the worst in the NFL for over a year at the half-way point of the 2018 season, it was difficult to pin the blame on Manning. An inept offensive line gave the immobile quarterback no time in the pocket to hit his aerial weapons. Unable

an interception as the Giants were shut out, 17-0.

The recent stretch of winning play has doomed the Giants from having a chance at drafting a franchise quarterback in 2019. With a weak class of upcoming passers, the only forecasted star is Oregon's Justin Herbert, who will likely be snapped up in the top five if he officially enters the draft.

As a placeholder for a long-term solution, the Giants could think about considering Baltimore Ravens quarterback Joe Flacco, who is not expected to return to the franchise that drafted him 18th overall in 2008 after the emergence of rookie Lamar Jackson.

Flacco, a New Jersey native, is 33 and a fellow Super Bowl MVP like Manning. His numbers have never jumped off the page with a career 61.7 percent completion percentage and a 16-game average of 3,754 passing yards, but he provides a small upgrade when it comes to mobility, albeit not much.

With a sizable chip expected to be on his shoulders after his unceremonious benching, it could be worth the Giants taking a flyer on him this offseason after seeing the way Manning played on Sunday.



NYSPI IRB Approved
8/7/2018 -> 8/6/2019

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As a participant, you will be asked to attend one baseline session, 12 Acupuncture/Moxibustion sessions and three follow-up sessions, maintain a symptom diary and complete questionnaires.

There is no medication given as part of this study.

Compensation: You will be compensated for your time. If you attend all your sessions, you will receive a total of \$220. You will also receive a round trip Metrcard at the end of each session to cover your travel expenses.

For More Information
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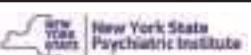
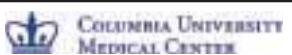
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NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 39-41 East Broadway, New York, NY 10002. New York County, for on premises consumption. Downtown Yummy Restaurant Inc.

LEGAL NOTICES

NOTICE OF FORMATION of DCE Property LLC. Articles of Org. filed with the Secy. Of State of New York (SSNY) on 09/26/2018. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o Dong H. Kim, 252 W. 38th Street, Suite 1105, New York, NY 10018. Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN that a license Number 1314594, for Restaurant Wine has been applied for by the undersigned to sell Beer, Wine & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 209-35 Northern Blvd., Bayside, NY 11361. Queens County, for on-premises consumption. Dae Kyung LLC.

NOTICE IS HEREBY GIVEN that a license Number 1314739, for Restaurant Wine has been applied for by the undersigned to sell Beer, Wine & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 160-18 Northern Blvd., Flushing, NY 11358. Queens County, for on-premises consumption. Gopchang Story Flushing Inc.

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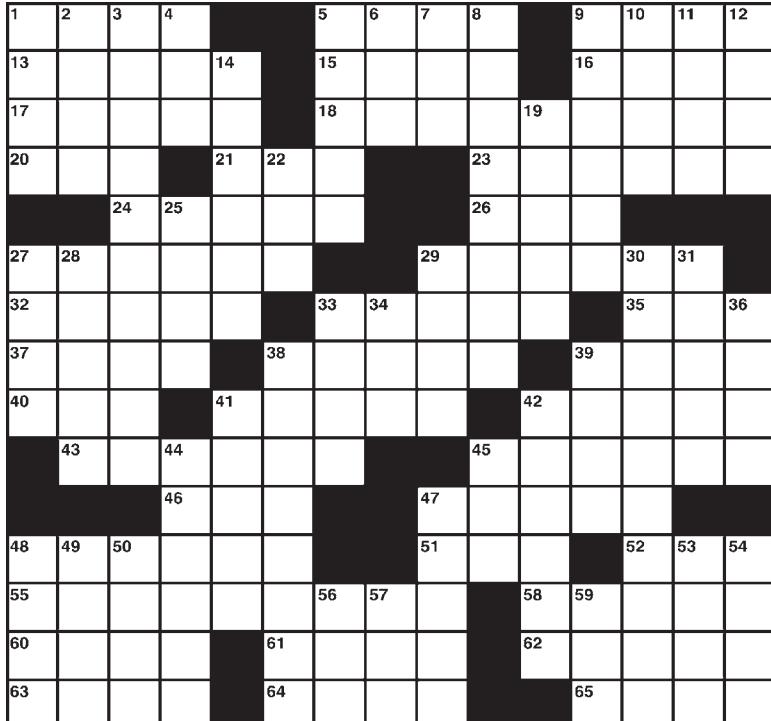
ACROSS

- 1 ___ into court; sue
 5 Tree covering
 9 ___around; go bargain-hunting
 13 Landlord
 15 "___ the Roof"; 1962 hit for The Drifters
 16 Melody
 17 Bart's mom
 18 Law
 20 Place for an iris
 21 Endeavor
 23 Giggle nervously
 24 FBI wanted poster name
 26 20th letter
 27 State-of-the-art
 29 ___ basket; Yogi Bear's joy
 32 Very angry
 33 Polish
 35 Cow's comment
 37 Captures
 38 Street talk
 39 Spick-and-___; very clean
 40 Queasy
 41 Largest U.S. bank
 42 On the ___; unrestrained

DOWN

- 1 Residence
 2 "___ in a Manger"
 3 Like terrible handwriting
 4 Table support
 5 Life ___; ring-shaped floats
 6 Four months from now: abbr.
 7 Singer Stewart
 8 Making bootees
 9 NY's ___ Island
 10 Actress Helen
 11 "___ in Love With Amy"
 12 Look through a keyhole
 14 Accept one's pension
 19 Charlotte, to Prince Harry
 22 ___ for office; campaigned
 25 "Why don't we!"
 27 Twiggy's skirt
 28 Grad exams, often
 29 Forest tree
 30 Not doable
 31 Seashore
 33 Thin strip of wood
 34 ___-been; one no longer popular
 36 Change for a five
 38 Havens
 39 Zoom skyward
 41 Casino game
 42 Dawdle
 44 VP between Gore and Biden
 45 Snoop Dogg's music
 47 Shindig
 48 Juggling ___; multitasking situations
 49 Weather forecast
 50 Nation in the Caribbean
 53 Action
 54 Likelihood
 56 Cut off
 57 "___ Father, Who art in heaven..."
 59 Tramp

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metro.us/wordsearch



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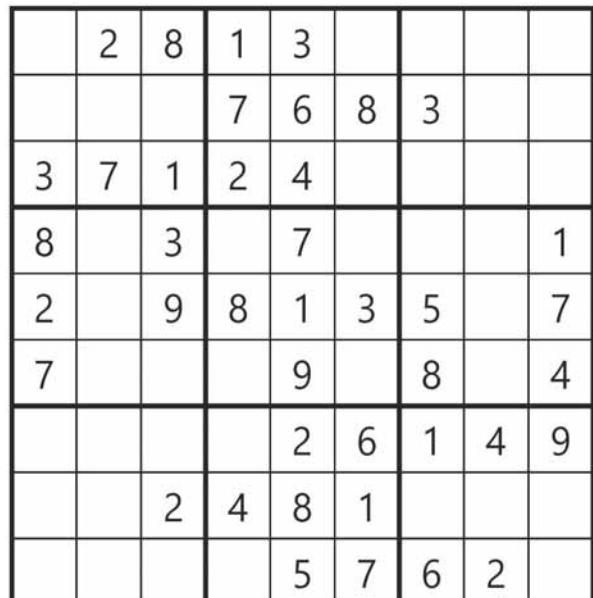
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Category: Athlete



Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

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